

Community Garden News

City of Loma Linda

October 2004

OFFERING COMMUNITY GARDENERS: IDEAS ...INSPIRATION ...HEALTHFUL TIPS AND RESOURCES ...HEALTHY RECIPES

Special Halloween Edition

Find-a-word

Look for these words
hidden in the
newsletter...

- Tricks
- Treats
- Goblin
- Spooky
- Goodies
- Haunted House



Have Fun
and Be Safe This
Halloween!!!

Garden hours are
dawn 'til dusk



Are You Getting Your Body's Fill Of Calcium

The Importance of Calcium

Calcium plays an integral role in the growth and maintenance of bones throughout life. It is not only used for healthy bones, it is also important for blood clotting, nerve transmission, maintaining muscle tone, and regulating certain body processes.

Sources

Dairy foods are among the best calcium sources. These include: milk, yogurt, cheese, puddings, custards, frozen yogurt and ice-cream. For those that are lactose intolerant or allergic to dairy calcium can be obtained from plants. These include fortified soy milk, firm tofu, soy beans, navy beans, almonds, boiled spinach, boiled kale, oranges, raisins, cooked broccoli, instant oatmeal, and whole wheat bread. As you can see, some great calcium sources can be grown right in your garden!

It only takes a little

It may seem difficult, but 1 cup of non-fat plain yogurt offers almost half the daily requirement for most people. Three cups of milk or fortified soy-milk spread out among the day will provide you with 1000 mg of calcium. Half a cup of boiled spinach offers around 100 mg of calcium. A daily diet high in plants and low-fat dairy will fulfill nearly all vitamin and mineral requirements including calcium.

6 Easy Ways to Increase Calcium in the Diet

If it still seems difficult to get in your daily requirement of calcium use a few of these tricks to increase your calcium intake.

1. Use milk in breakfast foods such as scrambled eggs, hot cereal, and hot cocoa.
2. Prepare smoothies with fortified soy milk or milk.
3. Use plain non-fat yogurt in place of sour cream.
4. Add non-fat dry milk to bread, meatloaf, meatballs, hot cereal, pancake mix, and gravy.
5. Serve pudding or pudding pops made with milk or fortified soy milk for desert.
6. Keep low-fat string cheese, yogurt, milk, or fortified soy milk handy for a quick snack.

Calcium Recommendations

Age	recommendation
1-3 Yrs	500 mg
4-8 Yrs	800 mg
9-18 Yrs	1300 mg
19-51 Yrs	1000 mg
51+ Yrs	1200 mg
Pregnant women	
18 and under	1300 mg
19 and over	1000 mg
Postmenopausal women on Estrogen Replacement Therapy (ERT)	
not on ERT	1000 mg
over 65	1500 mg

Source: Food and Nutrition Board, Institute of Medicine-National Academy of Sciences Dietary Reference Intakes, 1998.

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October Garden Tips

- By mid-October, or if frost is predicted, pick all tomatoes, whether they are ripe or not. Refrigerate or freeze ripe tomatoes.
- Wrap green tomatoes or hang the entire plants (with unpicked fruit) upside down. Or tomatoes can be stored in a brown paper bag in a cool dark area.
- In late October cut back asparagus stalk to the ground. Mark the location. Mulch 3 to 4 inches.
- Prepare vegetable beds for spring and remove all debris.

Healthy Halloween Treats



In the Goodies Bag



- Cheese and cracker packs
- Sugar-free gum
- Cheese sticks
- Juice boxes
- Small packs of nuts or raisins
- Packages of instant cocoa mix
- Stickers
- Crayons
- Erasers
- Baseball cards

At the Haunted House Party



- Popcorn
- Apples
- Grapes
- Bananas
- Unshelled peanuts
- "Spooky Pizza faces" Let the kids create their own faces by arranging sliced olives, green peppers, mushrooms, pepperoni and other ingredients on English muffins brushed with tomato sauce. Add a little grated cheese for "hair" and pop in the oven or microwave.



Little Goblin Spinach and Red Pepper Crustless Quiche

makes 4 servings

Cold Squares of this quiche can be wrapped up to insure a creative brown-bag lunch with a good serving of vegetables.

- 2 large eggs
- 2 large egg whites
- 1/2 cup lowfat (1%) milk
- 1 pkg. Frozen chopped spinach, thawed and squeezed dry

- 1/2 cup chopped scallions
- Pinch of salt, to taste
- Ground black pepper, to taste
- 2 slices of reduced fat Swiss or Jarlsberg cheese
- 1 medium red bell pepper, seeded, roasted

1. Preheat oven to 375 degrees. Spray 8-inch square baking dish with cooking spray.
2. In bowl, whisk together eggs, egg whites and milk. Add spinach, scallions salt, and pepper. Stir to combine well and pour into baking dish.
3. Arrange cheese to cover spinach mixture. Lay roasted pepper over cheese in one layer, pressing down gently so some of egg mixture flows up over cheese.
4. Bake until quiche is lightly puffed and browned on bottom, about 30 minutes. Run a sharp knife around edges. Let stand 15 minutes before cutting into squares and serving.

Per serving: 108 Calories, 4 g Total Fat (1 g saturated fat), 7 g Carbohydrates, 12 g protein, 3 g Dietary Fiber, 174 mg Sodium

